WHAT IS CLAIMED IS:

- 1. An optical receiver comprising:
 - a vertical lasing semiconductor optical amplifier (VLSOA) comprising:
 - a semiconductor active region;
 - an amplifying path traversing the semiconductor active region; and
 - a laser cavity including the semiconductor active region, wherein the laser cavity is oriented vertically with respect to the amplifying path and pumping the laser cavity above a lasing threshold clamps a gain along the amplifying path to a substantially constant value; and
 - a photodetector coupled to the VLSOA.
- 2. The optical receiver of claim 1 wherein the photodetector is selected from a group consisting of a PIN diode and an avalanche photodiode.
- 3. The optical receiver of claim 1 further comprising:
 an optical fiber coupling the VLSOA to the photodetector, wherein the VLSOA and the photodetector are discrete components.
- 4. The optical receiver of claim 1 wherein the VLSOA and the photodetector are integrated onto a common substrate.
- 5. The optical receiver of claim 4 wherein the VLSOA is directly coupled to the photodetector.
- 6. The optical receiver of claim 4 wherein: the photodetector comprises an active region; and the semiconductor active region of the VLSOA transitions into the active region of the photodetector.

- 7. The optical receiver of claim 6 wherein:
 the VLSOA further comprises a bottom cladding layer and a top cladding layer;
 the photodetector further comprises a bottom cladding layer and a top cladding layer;
 the bottom cladding layer of the VLSOA transitions into the bottom cladding layer of the photodetector; and
 the top cladding layer of the VLSOA transitions into the top cladding layer of the photodetector.
- 8. The optical receiver of claim 4 further comprising:
 an optical waveguide coupling the VLSOA to the photodetector, wherein the optical
 waveguide is also integrated onto the common substrate.
- 9. The optical receiver of claim 8 wherein:
 the optical waveguide comprises a core;
 the photodetector comprises an active region; and
 the semiconductor active region of the VLSOA transitions into the core of the optical
 waveguide, which transitions into the active region of the photodetector.
- 10. The optical receiver of claim 4 wherein:
 the photodetector comprises an active region; and
 the semiconductor active region of the VLSOA and the active region of the photodetector
 are based on a common structure which has been altered so that the
 semiconductor active region of the VLSOA has a different transition energy than
 the active region of the photodetector.
- 11. The optical receiver of claim 4 wherein:

 the photodetector comprises an active region; and

 the semiconductor active region of the VLSOA and the active region of the photodetector

 have a same structure but are electrically biased differently so that the

semiconductor active region of the VLSOA has a different transition energy than the active region of the photodetector.

- 12. The optical receiver of claim 4 wherein the common substrate is an InP substrate.
- 13. The optical receiver of claim 4 wherein the optical receiver operates at a wavelength between 1.3 micron and 1.7 micron.
- 14. The optical receiver of claim 4 wherein the optical receiver is capable of detecting data at a data rate of at least 10 Gbps.
- 15. The optical receiver of claim 1 further comprising:
 at least one additional photodetector; and
 an optical splitter coupling the VLSOA to the photodetectors.
- 16. The optical receiver of claim 15 further comprising:

 a semiconductor optical amplifier coupling the optical splitter to one of the photodetectors.
- 17. The optical receiver of claim 15 further comprising:a plurality of optical amplifiers coupling the optical splitter to the photodetectors for equalizing optical signals received by the photodetectors.
- 18. The optical receiver of claim 15 wherein the VLSOA, the optical splitter and the photodetectors are integrated onto a common substrate.
- 19. The optical receiver of claim 15 wherein the optical splitter comprises a wavelength division demultiplexer.
- 20. The optical receiver of claim 15 wherein the optical splitter comprises an arrayed waveguide grating.

- 21. The optical receiver of claim 1 further comprising:

 a feedback loop between the photodetector and the VLSOA for adjusting the substantially constant value.
- 22. The optical receiver of claim 1 wherein the photodetector is coupled to receive a ballast laser signal from the laser cavity of the VLSOA.
- 23. The optical receiver of claim 22 wherein the photodetector is vertically integrated with the VLSOA.
- 24. The optical receiver of claim 23 further comprising:an optical filter vertically integrated between the VLSOA and the photodetector.
- 25. An optical receiver comprising:
 - a gain-clamped semiconductor optical amplifier comprising:
 - a semiconductor active region;
 - an amplifying path traversing the semiconductor active region; and
 - a laser cavity including the semiconductor active region, wherein pumping the laser cavity above a lasing threshold clamps a gain along the amplifying path to a substantially constant value; and
 - a photodetector coupled to receive a ballast laser signal from the laser cavity of the gainclamped semiconductor optical amplifier.
- 26. The optical receiver of claim 25 wherein the laser cavity is oriented transversely with respect to the amplifying path.
- 27. The optical receiver of claim 25 wherein the laser cavity is oriented longitudinally with respect to the amplifying path.

- 28. The optical receiver of claim 25 further comprising:

 an optical filter located between the gain-clamped semiconductor optical amplifier and the photodetector.
- The optical receiver of claim 25 further comprising:a feedback loop between the photodetector and the gain-clamped semiconductor opticalamplifier for adjusting the substantially constant value.